What's New: NCRC Wellness Center

Since opening a couple of weeks ago, the NCRC Wellness Center has acquired 427 new members!

What's New?

Equipment List & Map

Click to enlarge

Suggestion Box

There is also a suggestion box located in the Wellness Center! Thank you to those of you who have already submitted your feedback. It is very much appreciated.

Schedulon

You may now reserve fitness equipment such as the treadmills and ellipticals through Schedulon.

FAQ’s

Click here for a compilation of the most frequently asked questions.

What’s Coming?

New Equipment

The Hammer Head Anchor Gym is a wall-mounted exercise system designed to anchor resistance bands, large loop bands, suspension (body weight) straps, stretch straps and more. It’s easy to use and delivers hundreds of exercises.

NCRC Video

Instructional video on how to use all of the equipment in the Wellness Center.

Become an NCRC Wellness Center Member

Facilities

- Building 26 - Autoclave Construction
- Building 10 Entrance Construction
- Winter Courtyard Closure
- Building 36 Exterior Construction

Click here to view all NCRC Notifications & Updates
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Events
- 12/11 - Computer Showcase - Order Now!
- 12/18 - NCRC Blood Drive
- 12/18 - CBSSM Seminar: Raymond De Vries

Announcements
- BRCF Holiday Hours
- OSEH Holiday Reduced Operation
- MLlibrary@NCRC: Taubman Library Services and Resources Open During Remodeling
- Zilke Vegetable Farms Holiday Sale Photos
- New Contact for Opus One Catering

Reminders
- Tech Tip: Buying a computer or tablet at the NCRC Computer Showcase Holiday Sale? MSIS technicians will be on‐site December 11 when you pick up your new device and can get it set up for email and wireless network access. If you have questions call 763‐7770 or email msishelp@umich.edu.

Questions or comments? Please email: ncrcfeedback@umich.edu

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